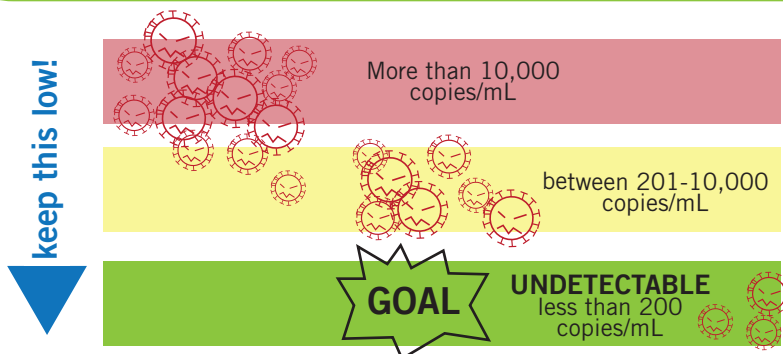


what's your score?



viral load

**VIRAL LOW-D
KEEP IT LOW**

Viral load measures how much virus is in your blood.

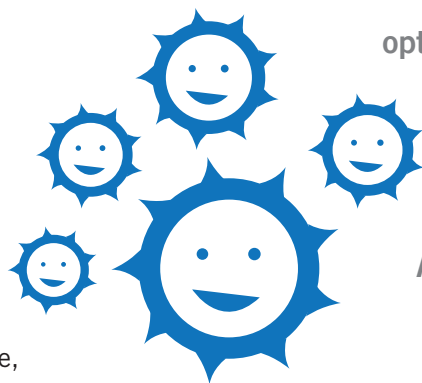
copies/mL

CD₄ (T-CELL)

keep this high!

cells/mm³

CD4, white cells or T-CELLS fight off disease in your body. The more you have, the stronger your immune system is.



optimal

501-1000

GOAL

low

201-500

AIDS

200 OR LESS

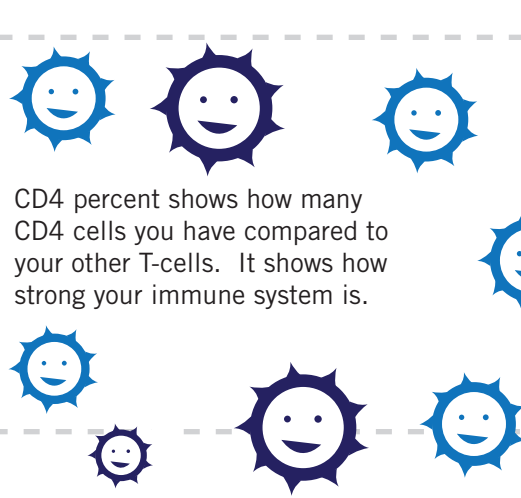
CD₄ — WE WANT MORE!

CD₄ percent

keep this high!

%

CD4 percent shows how many CD4 cells you have compared to your other T-cells. It shows how strong your immune system is.



normal

26% AND UP

GOAL

low

14-25%

AIDS

LESS THAN 14%